

Knaresborough Leisure and Wellbeing Hub pool programme

From Monday 1st September 2025

Main pool

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm
Monday	General swim 6.30 – 9am				Social swim 9 – 10am		General swim 10am–12noon				Aquafit 12noon – 12.45pm			School swim 1 – 2.30pm		General swim 2.30 – 4pm		Learn to swim 4 – 6pm		Swim squads 6 – 9pm										
							Aquatic Therapy 10 – 11am								Good Boost 2.45 – 3.45pm															
	* Lane swim 6.30am – 6pm												* Lane swim 6.30am – 6pm																	
Tuesday	General swim 6.30 – 9am				General Swim 9 – 10am		General swim 10 – 11am		Private hire 11am – 12noon		General swim 12noon – 1.15pm		School swim 1.15 – 2.45pm		General swim 2.45 – 4pm		Learn to swim 4 – 7pm				Aquafit 7 – 7.45pm			Staff training 8 – 9pm						
					Good Boost 9 – 10am										General swim 4 – 7pm				* Lane swim 7–7.45pm											
	* Lane swim 6.30am – 4pm												General swim 4 – 7pm																	
Wednesday	General swim 6.30 – 9am					School swim 9.15 – 11.45am				General swim 11.45am – 1pm		Quiet swim 1 – 2pm		Staff training 2 – 4pm				Learn to swim 4 – 7pm					Aquafit 7.15 – 8pm		General swim 8 – 9pm					
							Good Boost 12noon – 1pm																							
	* Lane swim 6.30am – 2pm												* Lane swim 4 – 9pm																	
Thursday	General swim 6.30am – 12.45pm												School swim 12.45 – 2.15pm		General swim 2.15 – 4pm		Learn to swim 4 – 6pm		Adult lessons 6 – 7pm		General swim 7 – 9pm									
															Good Boost 2.45 – 3.45pm				Learn to swim 6 – 7pm											
	* Lane swim 6.30am – 9pm																													
Friday	General swim 6.30 – 9.30am				Social swim 9.30 – 10.30am		General swim 10.30 – 12noon		Aquafit 12noon – 12.45pm		General swim 1 – 4pm				Learn to swim 4 – 7pm				General swim 7 – 8pm											
					Bump boost 9.30 – 10.30am														* Lane swim 7 – 8pm											
	* Lane swim 6.30am – 4pm												General swim 4 – 7pm																	
Saturday	Swim squads 5 – 8.30am				Learn to swim 8.30am – 12noon					General swim 12.15 – 1.15pm			Fun session 1.30 – 3pm			Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			* Lane swim 6 – 7pm								
	* Lane swim 6.30 – 11am						General swim 11.05am – 1.15pm																							
	* Lane swim 6.30 – 11am												* Lane swim 6 – 7pm																	
Sunday	General swim 6.30 – 8.30am				Learn to swim 8.30 – 11am				General swim 11.05am – 12noon			General swim 12.15 – 1.15pm			Fun session 1.30 – 3pm			Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			* Lane swim 6 – 7pm						
	* Lane swim 6.30 – 10am						General swim 10 – 11am		* Lane swim 11.05 – 11.05am																					
	* Lane swim 6.30 – 10am												* Lane swim 6 – 7pm																	
	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9

Programme subject to change. We run an alternative programme during school holidays. *All our bookable sessions can be booked via the Active North Yorkshire app or our website

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From Monday 1st September 2025

Leisure pool

	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm	
Monday						Learn to swim 9 – 11.15am					Leisure swim 11.15am – 12.45pm				School swim 1 – 2.30pm				Leisure swim 2.45 – 3.55pm		Learn to swim 4 – 7pm					Family swim 7 – 8pm					
Tuesday						Toddler swim 9 – 10am		Learn to swim 10 – 11am		Leisure swim 11am – 1pm					School swim 1.15 – 2.45pm				Leisure swim 3 – 3.55pm		Learn to swim 4 – 7pm					Family swim 7 – 8pm					
Wednesday						School swim 9.15 – 11.45am						Leisure swim 12noon – 1pm			Quiet swim 1 – 2pm		Staff training 2 – 4pm			Learn to swim 4 – 7pm					Family swim 7 – 8pm						
Thursday						Toddler swim 9 – 10am		Leisure swim 10am – 12.30pm					School swim 12.45 – 2.15pm				Leisure swim 2.30 – 3.55pm		Learn to swim 4 – 6pm			Family swim 6 – 8pm									
Friday						Toddler swim 9 – 10am		Learn to swim 10 – 11am		Leisure swim 11am – 12.45pm				Leisure swim 1 – 3.55pm					Learn to swim 4 – 6pm			Family swim 6.15 – 8pm									
Saturday						Learn to swim 8.30am – 12noon							Leisure swim 12.15 – 1.15pm			Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm					
Sunday						Learn to swim 8.30 – 10am			Leisure swim 10 – 11am		Leisure swim 11.05am – 12.05pm			Leisure swim 12.15 – 1.15pm			Fun session 1.30 – 3pm				Party hire 3.30 – 4.30pm			Party hire 4.45 – 5.45pm			Family swim 6 – 7pm				
	6.30 am	7	7.30	8	8.30	9	9.30	10	10.30	11	11.30	12 noon	12.30	1	1.30	2	2.30	3	3.30	4	4.30	5	5.30	6	6.30	7	7.30	8	8.30	9 pm	

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